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JANUARY 26, 2010 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY

Tuesday

AFP/GETTY IMAGES

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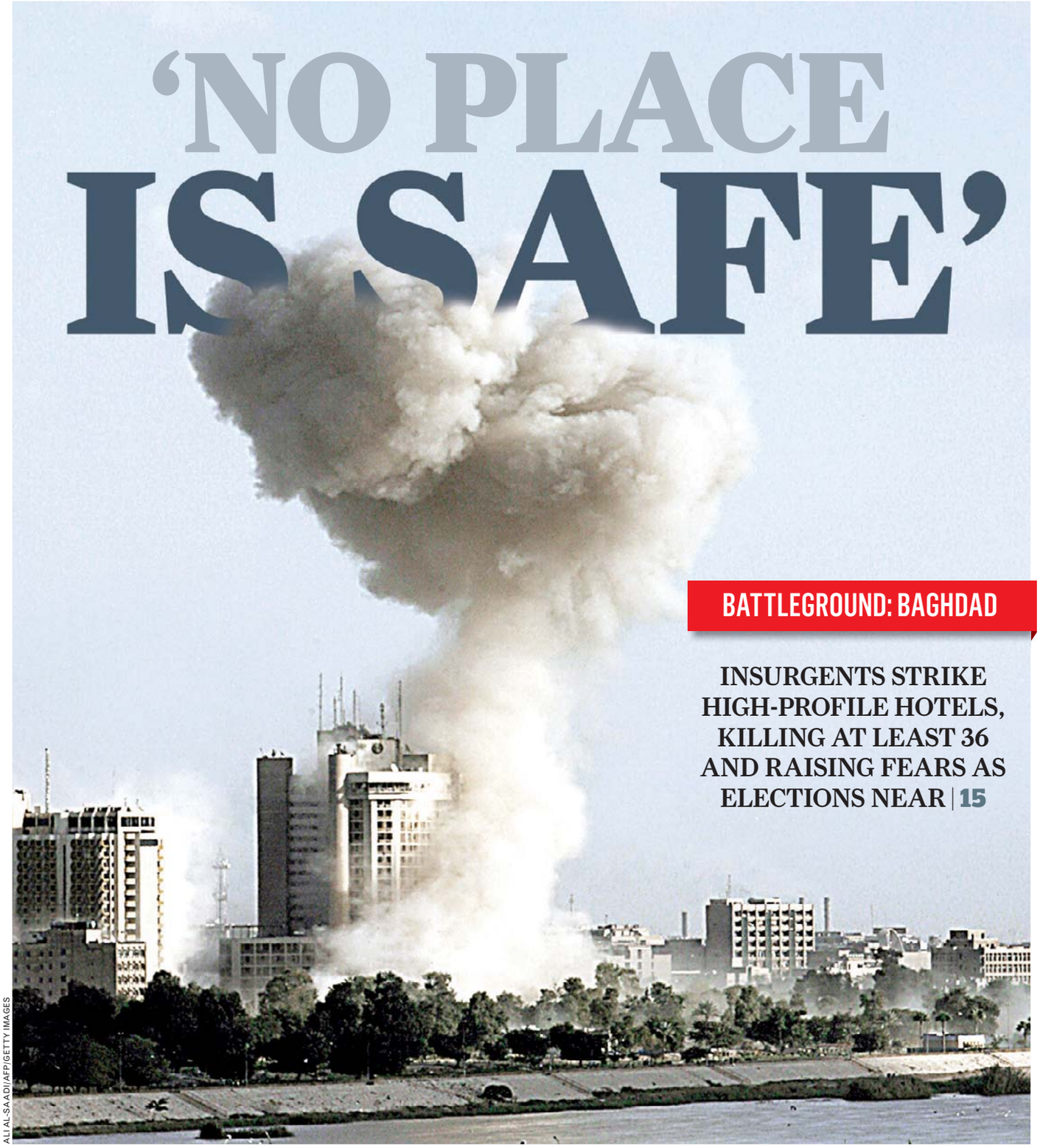
'NO PLACE IS SAFE'



ALI AL-SAADI/AFP/GETTY IMAGES

BATTLEGROUND: BAGHDAD

INSURGENTS STRIKE HIGH-PROFILE HOTELS, KILLING AT LEAST 36 AND RAISING FEARS AS ELECTIONS NEAR | 15

eo

EYE OPENERS

Ice and Pirates United After Eons of Being Unrelated Concepts

At one Pennsylvania restaurant, getting a cold one is no problem. Damenti's Restaurant in Butler Township has set up a temporary freestanding bar with a pirate theme made from 50 tons of ice. Air-conditioning keeps the temperature at about 20 degrees. The decor includes a huge skull and crossbones painting, plus pirate motifs and sayings etched into the walls. (AP)

"The new Holiday Inn bed-warmers service is a bit like having a giant hot water bottle in your bed."

— **JANE BEDNALL** OF HOLIDAY INN. THREE HOTELS IN BRITAIN WILL, ON REQUEST, SEND EMPLOYEES IN FLEECE SLEEPER SUITS TO LIE IN BEDS TO WARM THEM FOR GUESTS.

'No, I Won't Marry You,' Stomach Says

Police in Joplin, Mo., say a man accused of stealing a ring coughed up the evidence while being questioned. Pictures of the $20,000 ring were sent to jewelers after it was stolen Thursday. The owner of Newton's Jewelry recognized the ring when a man and woman came to his store to sell it. The jeweler stalled them and called police; the man swallowed the ring when officers arrived. While being questioned, he began to cough uncontrollably, and up came the ring. (AP)

The Big Picture

SERGEI GRITS/AP

SOMETHING DOWN THERE must be REALLY interesting. Or edible — there's probably no difference if you're a duck. This flock searched for food Monday in freezing Minsk, Belarus, where temperatures reached minus-1 degree Fahrenheit. (EXPRESS)

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Teenage Pregnancy Rate Rises

Trends

The pregnancy rate among teenage girls in the United States has jumped for the first time in more than a decade, raising alarm that the long campaign to reduce motherhood among adolescents was faltering, according to a report released Tuesday.

7

The percentage of 15- to 19-year-olds who became pregnant between 2005 and 2006, the report found.

An analysis of data collected by the federal government and the nation's leading reproductive-health think tank found that the pregnancy rate among 15- to 19-year-olds increased 3 percent between 2005 and 2006 — the first jump since 1990.

The abortion rate also inched up for the first time in more than a decade — rising 1 percent — intensifying the concern across the ideological spectrum that a national success story may be faltering.

The report comes as Congress may consider restoring federal funding to sex education programs that focus on abstinence. **ROB STEIN (THE WASHINGTON POST)**

Obama Unveils Middle-Class Plan

President says series of proposals will aid struggling families

Washington

Promising repeatedly to "keep fighting" for average Americans, President Obama rolled out new proposals Monday to help struggling middle-class families, setting the stage for his first State of the Union address Wednesday night.

"Unfortunately, the middle class has been under assault for a long time," Obama told a gathering of his Task Force on Middle Class Families. "Too many Americans have known their own painful recessions long before any economist declared that there was a recession."

Previewing key themes of his upcoming address to the nation, Obama unveiled initiatives to help the middle class by making it easier for people to care for dependents, repay student loans and save for retirement.

The proposals are part of broader themes that the White House said Obama would tie together in his State of the Union speech, including the importance of job creation, the need to reduce the deficit and, as ever, the urgency of changing Washington.

In his remarks to the task force, Obama touted successes so far in creating jobs but made clear that the efforts have fallen far short of what is needed.

The brief speech — employing new, populist language that Obama began using last week — heralded a tone that the president appears likely to sound in Wednesday night's address to Congress and the nation.

ANNE E. KORNBLUT AND WILLIAM BRANIGIN (THE WASHINGTON POST)

MARTIN H. SIMON-POOL/GETTY IMAGES

President Obama previewed elements of his upcoming national address on Monday.

What's the Plan?

President Obama announced a series of concrete economic initiatives on Monday, including:

- Nearly doubling the child and dependent care tax credit for families making less than $85,000 per year.
- Limiting a student's federal loan payments to 10 percent of income above basic living allowance.
- Creating a new system of automatic workplace retirement savings accounts.
- Expanding elder care help for baby boomers caring for parents and children.

PUBLICITY

The Republican Party's favorite son is apparently ready for prime time. Scott Brown, the former state legislator who rocketed to national prominence last week by winning a U.S. Senate seat in Massachusetts, is scheduled to appear Thursday on "The Jay Leno Show," the network announced on Monday. NBC spokeswoman Tracy St. Pierre said Brown will do a skit via satellite hookup in which Leno fires off 10 quick questions. (AP)

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Nation

PAUL J. RICHARDS/AFP/GETTY IMAGES

Vice President Joe Biden's son Beau, left, says he's too busy to run for the Senate.

Biden's Son Opts Out of Senate Bid

Democrats risk loss of seat long held by the vice president

Dover, Del.

Vice President Joe Biden's eldest son, Delaware Attorney General Beau Biden, dealt another body blow to the flailing Democratic Party on Monday, announcing that he will not run for the Senate seat long held by his father.

The younger Biden said he needs to remain focused as attorney general on a high-profile criminal scandal involving a pediatrician accused of sexually assaulting several patients. Prosecutors believe Dr. Earl Bradley, who was arrested in December, may have molested more than 100 children over the past decade.

"The reality is, it became increasingly clear over the last several weeks that it was impossible to mount a Senate campaign in the face of dealing with both the prosecution in Lewes as well as the things I need to do, our office needs to do, for victims," Beau Biden said.

Beau Biden's decision was a surprise, given that his father's longtime confidant and former Senate chief of staff Ted Kaufman was appointed to the seat essentially to keep it warm for Beau Biden until this year's election.

But longtime Republican Rep. Mike Castle, a two-term governor and one of the most successful politicians in Delaware history, entered the Senate race in October, dramatically increasing the likelihood of a fierce contest.

Castle, a leader of GOP centrists who has demonstrated crossover appeal among Democrats, has a significant head start over the Democrats in fundraising. He has taken in more than $1 million since announcing his Senate bid in October, ending 2009 with about $1.7 million in his campaign chest.

RANDALL CHASE (AP)

POTUS PERKS

Who says being president doesn't have its upside? A White House official said President Obama skipped jury duty on Monday after being summoned in Illinois. The administration official said the president alerted the court weeks ago that he wouldn't be able to make it. The jury summons arrived at Obama's home on Chicago's South Side. (AP)

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Nation

2010 Census Begins in Tiny Alaskan Village

U.S. households will receive 10-question form for head count

Noorvik, Alaska

The U.S. Census Bureau launched its 2010 count of the nation's residents Monday in a remote Alaska village.

Census Bureau Director Robert Groves flew to Noorvik in northwest Alaska to count the first household in the Inupiat Eskimo community of 650. Groves and other officials were taken to the village school by sled dog teams driven by schoolchildren; he even took a brief stint at the reins.

CAROLYN KASTER/AP

U.S. Census Director Robert Groves, left, greets officials Monday in Noorvik, Alaska.

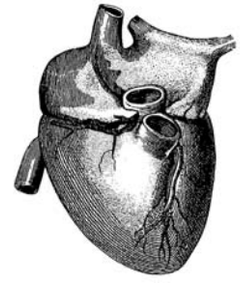
"Thank you for that greeting; that was spectacular," Groves told Noorvik Mayor Bobby Wells after a large crowd gathered to meet him at a school.

The first person to be counted in the census will be Clifton Jackson, a World War II veteran and the oldest resident of the town.

Census workers and trained locals are expected to take a week to interview the rest of Noorvik's residents, using the same 10-question forms to be mailed to most households on March 15. Census workers also will visit 217 other rural Alaska communities in the coming weeks.

Alaskans in rural communities that, like Noorvik, are not linked by roads have been the first residents counted since the 1990 census. These communities are the places where the process is first conducted in person by census workers, who also make personal visits to non-responding residents across the country. RACHEL D'ORO (AP)

HEALTH



If the cardiologist's warnings don't scare you, consider this: Controlling blood pressure just might be the best protection yet known against dementia. In a flurry of new research, scientists scanned people's brains to show hypertension fuels a kind of scarring linked to later development of Alzheimer's disease and other dementias. (AP)

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Nation

In Brief

JERRY LARA/AP

Fire department personnel survey a damaged retaining wall in San Antonio.

SAN ANTONIO

Homes Evacuated After Ground Begins to Cave In

Dozens of homes were evacuated in San Antonio after the ground below began shifting, creating crevices up to 15 feet deep and nearly splitting a nearby retaining wall in half, officials said. About 80 homes were first evacuated on Sunday after residents in a northwest side subdivision reported that the ground was caving behind several houses. No one was injured. **(AP)**

WASHINGTON

Slovakia Takes Detainees

The Justice Department says three Guantanamo Bay detainees have been transferred to the government of Slovakia. They are the latest of more than 570 prisoners moved from the prison at the U.S. naval base in Cuba to at least 38 countries since 2002. The government provided little information about the transfer and is withholding their names at the request of Slovakia. **(AP)**

CHICAGO

Terror Trial to Proceed

A Chicago businessman accused of leading a double life as an international terrorist pleaded not guilty Monday to making plans for an attack on a Danish newspaper and helping arrange the rampage in 2008 that killed 166 people in the Indian city of Mumbai. Tahawwur Hussain Rana, 49, intends to fight the charges, his attorney said. **(AP)**

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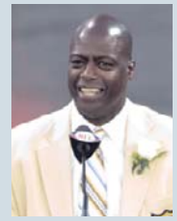

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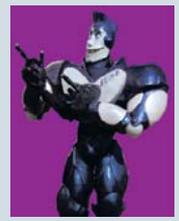
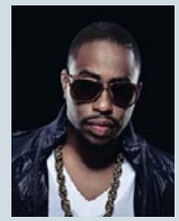


ROCK-IT THE ROBOT



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World

In Brief

CYPRUS POLICE/HO/AP

Artifacts that were part of a smuggling ring are displayed in Limassol, Cyprus.

NICOSIA, CYPRUS

Authorities Bust Major Artifact Smuggling Ring

Authorities have busted a smuggling ring in Cyprus and recovered dozens of ancient artifacts it planned to sell for $15.5 million. In what is believed to be the largest antiquities theft case of its kind in the Mediterranean island's history, police seized the artifacts from homes, storage sheds and vehicles. **(AP)**

TEHRAN, IRAN

Opposition Figure Backs Ahmadinejad as Leader

In a major shift, a senior opposition figure announced he now recognizes Mahmoud Ahmadinejad as the head of Iran's government while standing by his claims that the election was rigged, the opposition leader's son said Monday. Mahdi Karroubi's new position is a retreat from his rejection of Ahmadinejad. **(AP)**

LIMA, PERU

Heavy Rains Strand Tourists at Machu Picchu

Heavy rains and mudslides in Peru have blocked the train route to the ancient Inca citadel of Machu Picchu, stranding about 2,000 tourists. Perurail spokeswoman Soledad Caparo says the train operator suspended service on Monday. **(AP)**

BEIJING

More Melamine-Tainted Dairy Products Pulled

Melamine-tainted milk products have been pulled from store shelves in southern China more than a year after hundreds of thousands of children were sickened in a milk safety scandal, a government spokeswoman said Monday. Products dating from early 2009 tested positive for the toxic chemical melamine. **(AP)**

'Fire Falling Down From the Sky'

No survivors expected after an Ethiopian jet crashes off Lebanon

Beirut

The first sign of trouble was a flash of light on the horizon Monday — and then witnesses said the Boeing 737 tumbled like "fire falling down from the sky" into the stormy Mediterranean Sea.

All 90 aboard were feared dead in the pre-dawn crash. Lebanon's leaders ruled out terrorism while investigators collected witness accounts in hopes they could provide clues. Experts cautioned it was too early to know what brought down the Ethiopian Airlines jet — particularly without the black boxes.

Many people were giving DNA samples to help identify the remains of their loved ones; one man identified his 3-year-old nephew by the boy's overalls.

"Please find my son," pleaded Zeinab Seklawi, whose 24-year-old son Yasser was on Flight 409, which was headed to the Ethiopian capital, Addis Ababa.

At the Government Hospital in Beirut, Red Cross workers brought in bodies covered with wool blankets as relatives gathered nearby.

JOSEPH EID/AFP/GETTY IMAGES

Lebanese soldiers stand near debris from an Ethiopian Airlines jet that crashed off the coast of Khaldeh, Lebanon, on Monday.

No survivors had been found by nightfall, and the health minister told reporters 21 bodies were recovered. Marla Pietton, wife of the French ambassador to Lebanon, was among those on board, according to the French Embassy.

The Boeing 737-800 took off at about 2:30 a.m. local time in rain, lightening and thunder, and went down two miles off the coast, said Ghazi Aridi, the public works and transportation minister.

Hours after the crash, pieces of the plane and other debris were washing ashore, including a baby sandal and suitcases.

Aviation safety analyst Chris Yates said reports of fire could suggest "some cataclysmic failure of one of the engines" or that a bird had been sucked into the engine.

He noted that modern aircraft are built to withstand all but the foulest weather conditions. "One wouldn't have thought that a nasty squall in and of itself would be the prime cause of an accident like this," said Yates. **BASSEM MROUE AND ZEINA KARAM (AP)**

French Panel Report to Recommend Partial Ban on Muslim Veils

Paris

A parliamentary panel will recommend on Tuesday that France ban face-covering Muslim veils in public locations such as hospitals and schools, but not in private buildings or on the street, the group's president said.

The decision appeared to indicate that the 32-member, multiparty panel had heeded warnings that a full ban of the all-encompassing veils would be unfair, and possibly unconstitutional, and could even cause trouble in a country where Islam is the second-largest religion.

The approximately 170-page report, to be released Tuesday, culminates a six-month inquiry into why a tiny minority of Muslim women wear such veils and the implications for France.

CHRISTOPHE ENA/AP

A French parliamentary panel backed away from a full ban on Muslim veils.

The work began after President Nicolas Sarkozy announced in June that such garb "is not welcome" on French territory. However, Sarkozy has since pulled back from committing himself to a full ban.

Parliament will not be required to act on Tuesday's recommendation. **ELAINE GANLEY (AP)**

MYSTERIES

Scientists and historians from Italy's National Committee for Cultural Heritage Da Vinci are seeking to exhume the remains of Leonardo da Vinci from his tomb at Amboise Castle in France's Loire valley to discover whether the artist's famous "Mona Lisa" is really a self-portrait, Telegraph.co.uk reported on Monday. Experts think that if they can find da Vinci's skull, they can re-create his face and compare it to the face in the painting. **(EXPRESS)**

Haiti's Homeless Seek Shelter

U.N. says one in nine people must find a new place to sleep

Port-au-Prince, Haiti

The collapse of much of Haiti's capital has a large part of the nation struggling to find a place to sleep.

As many as 1 million people — one person in nine across the entire country — need to find new shelter, the United Nations estimates, and there are too few tents, let alone safe buildings, to put them in.

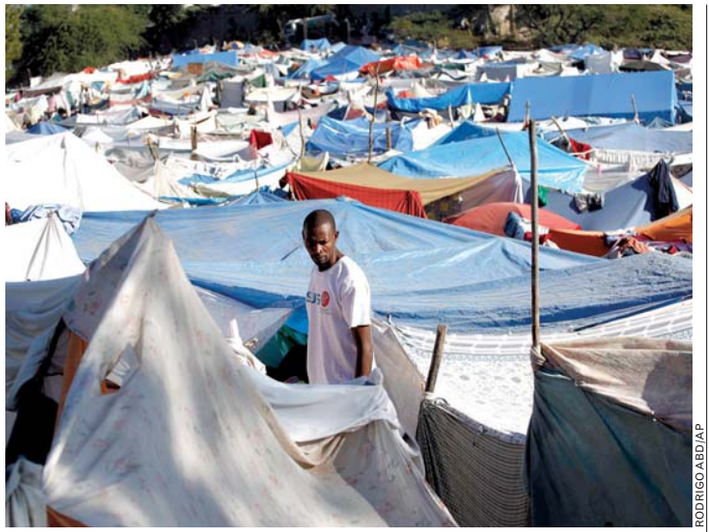
That leaves about 700,000 other people living on the streets around Porrt-au-Prince under whatever they can salvage. In the case of Jean Anthony's family, that's a blue plastic tarpaulin for a ceiling and a faded pink sheet with a floral print border for two walls.

"I'm not sure what you'd call it, but it's much more than terrible," said Anthony, 60, the owner of a collapsed restaurant. Thousands of people were camped around him Monday across from the collapsed National Palace, amid piles of trash and the stench of human waste.

Aid organizations say they are collecting tents, but few so far are in evidence.

The International Organization for Migration, an intergovernmental agency, says it could take experts weeks to search out suitable sites for enough tent cities to hold earthquake refugees.

MIKE MELIA AND VIVIAN SEQUERA (AP)



RODRIGO ABD/AP

A man stands among tents made of bedsheets and tarps at a camp in Port-au-Prince.

Disaster Zones

Since the Jan. 12 quake, about 50,000 to 100,000 people have returned to the region around the coastal city of Gonaives in northern Haiti — a city abandoned by many after two devastating floods in six years. Thousands in Gonaives were killed by floods in 2004, but the region now seems marginally better than Port-au-Prince to some quake survivors. "Everywhere you go is a problem," said Maire Delphin Alceus, who left Gonaives in 2004 but returned after the quake. "If I could, I would have left this country and been somewhere else by now." (AP)

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World

Davos Takes Sober Tone

Aid for Haiti, banks to be key topics at global economic talks

Davos, Switzerland

Responsible banks and aid for Haiti — not invincible billionaires, high-charged diplomacy or rock stars — are the watchwords at this year's World Economic Forum at Davos.

This rarefied Swiss resort will still host its share of bankers rich on post-meltdown bonuses and perhaps less of the humility that marked last year's gathering of many of the world's rich and powerful, then struggling through government bailouts and questioning their future.

Yet, participants and organizers of this week's five-day forum, opening Wednesday with more than 2,500 leading figures in business and politics on deck, suggest Davos is marking its 40th birthday by adapting to a more sober and dispersed modern economy, one in which Beijing weighs increasingly on the market balance, and in which poverty and public outrage demand the attention of the world's moneymakers.

KEYSTONE/LAURENT GILLIERON/AP

A man works at the site of the World Economic Forum in Davos, Switzerland.

While President Obama's administration will be only modestly represented at this year's forum, his plan to clamp down on the size and activity of banks will be on many chief bankers' minds.

> **"The euphoria about globalization that marked Davos for years has ... been undermined by the global crisis."**
>
> — JOSEPH STIGLITZ, ECONOMIST

The forum's founder, Klaus Schwab, said the event is opening in a "mood of reflection." "There is nothing at the moment to be celebrating," he said. ANGELA CHARLTON (AP)

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National Institute of Diabetes & Digestive & Kidney Diseases

World

LEONARDO RAMIREZ/AP

A woman yells at police during a rally against the Venezuelan government Monday.

Venezuelans Protest New TV Rule

Caracas, Venezuela

Police fired tear gas and plastic bullets at thousands of university students on Monday, breaking up a protest after President Hugo Chavez's government forced an opposition cable TV channel off the air.

Demonstrations broke out after cable companies, under orders from the telecommunications agency, dropped the anti-Chavez channel Radio Caracas Television Internacional Sunday. RCTV had defied new rules requiring channels to carry mandatory programming, including some of Chavez's speeches.

Authorities fired tear gas as protesting students tried to approach the headquarters of the state telecommunications agency, where several hundred Chavez backers had gathered to support the government's action. Some were seen throwing rocks and bottles at anti-Chavez protesters.

At least five students suffered asphyxiation or minor injuries, said Enrique Montbrun, director of health services in the capital's Baruta district.

"Freedom of expression is a right that we all embrace, and it must be defended," said Alejandro Perdomo, 19, who accused Chavez of attempting to silence critics. (AP)

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You or your child may qualify if:
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- your child is 2 years of age or older. (All participants under the age of 18 will require written consent from a parent.)
- you or your child has seizures that occur frequently.

You or your child may not qualify if:
- your child is younger than 2 years of age.
- you are pregnant

Location:
NIH Clinical Center, Bethesda, Maryland

Time commitment:
- requires a three hour initial clinic visit to determine eligibility.
- requires an inpatient visit that may take up to three weeks.
- requires three repeat visits for imaging studies.

FOR MORE INFORMATION PLEASE CALL:
Pat Reeves-Tyer 301-496-1923 or Irene Dustin 301-451-9284
Refer to study 01-N-0139
Se habla español www.clinicaltrials.gov

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You may be eligible if you:
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- Satisfy other study entry requirements (as provided by study site staff)

The study will last five months and will include multiple visits to the study site. Eligible participants may receive, at no cost, the following supplies and/or procedures:
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- Study-Related Physical Exams
- Study Medication
- Compensation for Time and Travel

To find out more about this study please call:

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301-249-0970

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What:
To study the effects of a medication that might make people feel less hungry.

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Where:
NIH Clinical Center in Bethesda, MD.

There is no charge for study-related tests or medications.

Compensation will be provided.

For information please call:
301-594-3198
TTY: 1-866-411-1010
Se habla español
www.clinicaltrials.gov
keyword BETAHISTINE
Refer to study # 07-CH-0126

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

NATIONAL INSTITUTES OF HEALTH

Department of Health and Human Services
National Institutes of Health
NIH Clinical Center

Have you filed your annual business recycling report?

The Montgomery County Division of Solid Waste Services requires all large, medium, and selected small businesses as well as commercial property owners of multi-tenant facilities to file an Annual Recycling and Waste Reduction Report to show their recycling progress. Reporting deadlines are fast approaching.

Know the filing deadline for your business:

- **Large** businesses (250 or more employees): **FEBRUARY 1st**
- **Medium** businesses (100-249 employees), selected **small** businesses (less than 100 employees), and **commercial property owners**: **MARCH 1st**

These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. **Failure to file your Annual Recycling Report can result in fines for your business or property.**

Filing on-line is an easy and fast way to meet your deadlines. For instructions go to www.montgomerycountymd.gov/recycling.

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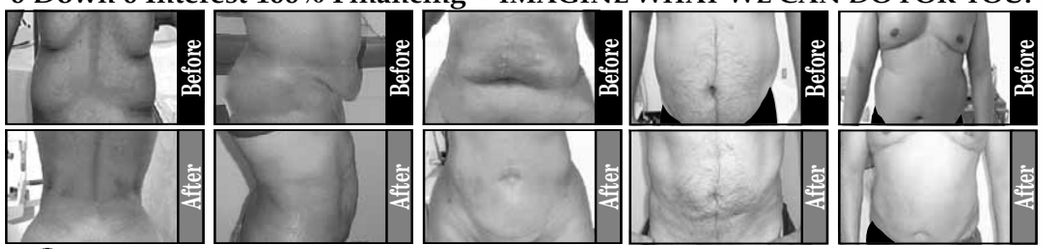

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Local

GERALD MARTINEAU/FTWP

A train arrives at the main terminal during a media tour on Monday at Dulles Airport.

AeroTrain System To Debut at Dulles

Underground shuttle network is four miles long, carries 29 cars

Chantilly, Va.

Air travelers at Dulles International Airport on Tuesday will join passengers in Atlanta, Denver and a handful of other airports in riding sleek, spacious and speedy underground trains that whisk them from terminal to concourse.

The unpopular, diesel-fueled giant shuttle buses called mobile lounges, which have kept passengers waiting while they cross the tarmac and yield to taxiing aircraft since 1962, will become artifacts — mostly.

It turns out that the $1.5 billion AeroTrain, which took eight years to build as workers tunneled under one of the country's busiest airports, is a work in progress that's out of sync with its expansion plans. Half the 49 mobile lounges will still operate.

The AeroTrain at Dulles glides along almost four miles of track, with 29 cars on rubber wheels that sit on flat concrete rails. With its two tracks and electric rail cars, it resembles a Metro train, except for the airy platform ceilings, glass-enclosed tubes on the platform and an interior that maximizes luggage space with just eight seats.

The AeroTrain caps a $3 billion expansion at Dulles designed to get passengers onto airplanes faster that began a decade ago and includes a fourth runway, parking garages, 15 new gates, concourse and terminal expansions and a control tower. LISA REIN (THE WASHINGTON POST)

The Lotteries

Monday, Jan. 25

District

Mid-day Lucky Numbers	8-6-3
Evening Lucky Numbers (Sun.)	2-4-7
Mid-day DC 4	4-4-7-4
Evening DC 4 (Sun.)	1-5-7-4
Mid-day D.C. Five	4-8-7-6-9
Evening D.C. Five (Sun.)	0-7-8-8-3
Daily 6 (Sun.)	1-7-12-24-26-34 (29)

Maryland

Mid-day Pick 3	6-2-3
Evening Pick 3 (Sun.)	5-2-5
Mid-day Pick 4	3-5-4-4
Evening Pick 4 (Sun.)	0-9-8-7
Match 5 (Sun.)	9-10-15-23-36 (38)

Virginia

Mid-day Pick 3	7-2-6
Evening Pick 3 (Sun.)	8-5-4
Mid-day Pick 4	3-0-6-2
Evening Pick 4 (Sun.)	4-4-2-6
Mid-day Cash 5 (Sun.)	2-4-5-26-27
Evening Cash 5 (Sun.)	8-18-23-29-30

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

National Archives Bans Photos by Tourists

Officials say flashes may damage original celebrated documents

Washington

Want to take a photo of the original copies of the Declaration of Independence or U.S. Constitution the next time you visit the National Archives? Nope, sorry, head to the gift store.

Tourists will be banned from taking photographs or video in the National Archives' main exhibition hall starting Feb. 24.

Thousands of power flashes from cameras have the potential to further damage some of the nation's most important original documents, and photographers have disrupted the flow of visitors for years, the National Archives and Records Administration said in Monday's Federal Register.

MARK GAIL/TWP

A visitor takes a picture of the original Emancipation Proclamation last February.

Roughly 1 million people visit the main exhibition hall annually, and at least 50,000 flashbulbs go off in there despite signs that ban flash photography, the agency said.

"The extra light and ultraviolet radiation from these flashes hastens damage to the documents," the Archives wrote in the Register.

Visitors can still bring cameras, cell phones and video cameras with them when they visit, but security guards and staff will remind visitors about the "no photography" rule.

Any visitor who ignores the rule after a warning will be asked to leave the building. **ED O'KEEFE (THE WASHINGTON POST)**

Panda Leaving Zoo on Feb. 4

Washington

Officials at the Smithsonian Institution say a popular young giant panda will leave Washington's National Zoo on Feb. 4 for China.

Smithsonian Secretary Wayne Clough said Monday that Tai Shan would travel by FedEx to China, along with 3-year-old female panda Mei Lan from Zoo Atlanta.

Zoo officials announced in December that Tai Shan would be sent to China for breeding. He has been one of the biggest attractions at the zoo since his birth in 2005 but is the property of China.

The last full day for visitors to see Tai Shan will be Feb. 3. **(AP)**

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Are COLD SORES Getting You Down?

The National Institute of Allergy and Infectious Diseases is seeking volunteers with frequent cold sores to participate in a study to see if a new treatment helps to prevent cold sore outbreaks. The study lasts 15½ months.

YOU MAY BE ELIGIBLE TO PARTICIPATE IN THIS CLINICAL RESEARCH STUDY IF YOU:

- Are 18 to 65 years old.
- Have cold sore outbreaks at least 6 times per year.
- Are willing to practice effective methods of birth control (women only).

If you are interested and think you may be eligible, please call to speak with a patient recruitment specialist. Compensation for your time is available.

1(800) 411-1222
(reference 09-I-0159)

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blackfinnbethesda.com
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www.blacksbarandkitchen.com
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301-951-3484
Dinner $30

Gaffney's Restaurant
7141 Wisconsin Ave.
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301-907-7500
gaffneys-restaurant.com
Lunch $15 & Dinner $30

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301-493-9230
geppettorestaurant.com
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Passagetoindia.info
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301-654-9860
persimmonrestaurant.com
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301-718-8680
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301-656-5155
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www.shangrilaus.com
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Tragara
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The Washington Post

Does your loved one have dementia of the Alzheimer's type?

If so, our office is enrolling in a clinical study. The study is to evaluate the safety and efficacy of an investigational medication used to treat severe dementia of the Alzheimer's type. To qualify for this study you must:

- Be Male or Female, at least 50 years old
- Diagnosis of probable dementia of the Alzheimer's type
- Must have a caregiver or Legal Guardian

Participants will need to come to our office for visits and testing. Study medication, office visits and testing are provided at no cost to you. You will be compensated for your participation in this clinical study.

For more information, please contact our office at 301-984-8800

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✓ ***Are between the ages of 24 and 60?***

We are seeking men and women to study whether a medication for smoking cessation (CHANTIX™) may affect drinking. Volunteers should be healthy and drug-free. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

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NIAAA National Institute on Alcohol Abuse and Alcoholism

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A Deadly Reminder in Iraq

Hotel bombings in Baghdad put the spotlight back on a violent power struggle

Baghdad

Suicide bombers targeted high-profile hotels in Baghdad Monday afternoon, killing at least 36 people and wounding dozens, the latest in a series of coordinated attacks believed to have been carried out by Sunni insurgents determined to discredit the Shiite-led government in the weeks before critical parliamentary elections.

The blasts suggest that a weakened insurgency, battling the government under the banner of al-Qaeda in Iraq, has chosen to carry out a smaller number of more powerful and more sophisticated attacks that target prominent, fortified compounds in the capital.

In the past, the group frequently targeted Shiite civilians in easy-to-access areas, such as markets, in an effort to stoke sectarian violence.

Monday's bombings coincided with the execution of a cousin of Saddam Hussein's known as Chemical Ali, who was convicted of orchestrating poison gas attacks that killed more than 5,000 Kurds in 1988. His death marked the end of a painful chapter in Iraq's history, but the bombings confirmed that a violent struggle for power is still being waged between Sunni extremists marginalized in the wake of the 2003 U.S. invasion and the Shiite-led government that came into power after Saddam was deposed.

Insurgents and the Iraqi government both see the weeks leading up to the March 7 parliamentary election as a key period to prove their mettle. Extremists want to make a U.S.-backed, democratic Iraq untenable so they can return to power; Iraqi government leaders want to demonstrate that they can maintain security as the U.S. military draws down.

Monday's bombings occurred shortly before 4 p.m. and targeted the Sheraton, Babylon and Hamra hotels, all of which are located in high-security compounds that have been popular among Westerners.

The Washington Post's bureau is located inside the Hamra Hotel compound. Three of the newspaper's Iraqi employees were wounded. Several other Western news organizations have offices in or near the Hamra and the Sheraton.

After the blasts, as Iraqi soldiers and policemen secured the scene, Ahmed Attiyah, 36, wept uncontrollably. He held identification cards belonging to his dead friend. Attiyah said he saw half of his friend's body on the ground after the blast. He knew who it was, he said, because he recognized the jacket.

Nearby, a hotel balcony was covered in the blood of a man who had been standing just above the blast.

Wissam Mahmoud, who works in the Hamra, said he witnessed a shootout from another balcony. The explosion threw him across the room. "I thought this was the safest place in Baghdad," said Mahmoud, his arm in a sling. "No place is safe."

ERNESTO LONDOÑO AND LEILA FADEL (THE WASHINGTON POST)

HADI MIZBAN/AP

An Iraqi woman stands in front of her home after it was destroyed during Monday's suicide attacks in Baghdad. Three high-profile hotels were targeted in the explosions.

washingtonpost.com

"Officials describe these attacks as blips on the radar of a relatively calm city. But this is not a blip. This is life in Iraq. At any moment, your life can end, your child might die, and your home could crumble."

—The Post's Leila Fadel gives a first-person account of Monday's series of suicide bombings in Iraq, where danger is still ever-present | washingtonpost.com/world

Infamous 'Chemical Ali' Executed

Saddam Hussein's cousin Ali Hassan al-Majid, who was hanged on Monday for genocide and crimes against humanity, ordered the infamous poison gas attack on the northern Iraqi Kurdish village of Halabja in 1988 that killed 5,000 people and earned him the moniker "Chemical Ali." The chemical air raid is thought to be the worst single attack of its kind against civilians. Graphic pictures taken after the attack showed bodies of men, women, children and animals lying in the streets where they inhaled the gas. Al-Majid was executed a week after he received his fourth death sentence on Jan. 17, the final one for the Halabja attack. He bore a striking resemblance to Saddam and was one of the most brutal members of the dictator's inner circle. (AP)

Sports

Saints Combat Manning Legacy

Former New Orleans great will cheer for his son over old team

Pro Football

Who dat say dey gonna beat dem Saints?

Well, Archie's boy might have something to say about that.

In a stunning turn of events, the team led through its formative years by a strong-armed quarterback named Archie Manning has finally made it to the Super Bowl. And look who's standing in the way of the first NFL championship in New Orleans' largely forgettable 43-year history as a pro football city.

None other than Peyton Manning and the Indianapolis Colts.

Archie Manning's son guided the Colts into the Super Bowl with a 30-17 victory over the upstart New York Jets in Sunday's AFC championship game. About four hours later, the Saints stamped their ticket for South Beach by beating Brett Favre and the Minnesota Vikings 31-28 in an overtime thriller that decided the NFC title.

Ever the doting father, Archie Manning attended the AFC championship game along with another son, New York Giants quarterback Eli Manning, and made it clear he'll be rooting for the Colts in the Super Bowl, though he knows a Super Bowl title would mean so much to his adopted hometown.

The elder Manning still lives in New Orleans, hanging in there even as the city struggles more than four years later to overcome the hellishness of Hurricane Katrina.

"I'm pulling for the Colts 100 percent," Archie Manning said. "It's not even close." (AP)

DAVE MARTIN/AP

The Saints celebrate after a game-winning field goal in the NFC championship sent them to the franchise's first Super Bowl.

Backstory ...

Archie Manning was a hotshot quarterback out of neighboring Mississippi when he was selected No. 2 overall by the Saints in 1971. Everyone thought he could turn around a franchise that went 14-40-2 over its four seasons in the NFL. That might have been the case — if the Saints had bothered to bring in some linemen who could block or some receivers who could catch. The Saints never cracked .500 during the Manning era — in fact, near the end of his career, the team plunged to 1-15 and fans took to wearing paper sacks on their heads, calling themselves the 'Aints. (AP)

Redskins' Fletcher Finally a Pro-Bowler

The Redskins

He's Susan Lucci no more. London Fletcher is finally going to the Pro Bowl.

The Washington Redskins middle linebacker has been promoted to the NFC roster because the player ahead of him, Jonathan Vilma, will be going to the Super Bowl with the New Orleans Saints.

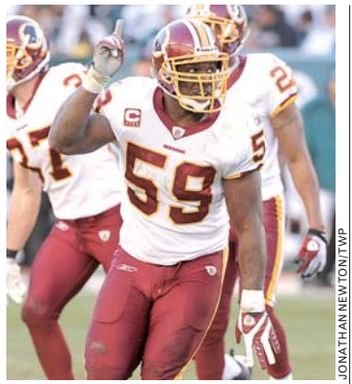
"That was the most gut-wrenching game I've ever watched," said Fletcher, who "did a little sprinting around the house" when the Saints kicked an overtime field goal to beat the Minnesota Vikings in Sunday's NFC championship game.

The 34-year-old Fletcher is the league's most prolific tackler over the past decade, with at least 100 tackles in 11 straight seasons. Yet he's never made the Pro Bowl before now.

In a rare outburst, Fletcher was upset when he wasn't selected last season, calling himself "the Susan Lucci of the NFL," a reference to the soap opera star who was nominated 18 times for an Emmy before finally winning.

Fletcher was more accepting when he was initially snubbed this season. The Redskins had a poor record, and he was a first alternate for the first time in his career. With the Pro Bowl taking place before the Super Bowl for the first time, he realized there was a good chance Vilma wouldn't be able to play.

"When the league announced the new format, I wasn't sure how I felt about it ... but I'll take it," Fletcher said. JOSEPH WHITE (AP)



JONATHAN NEWTON/TWP

London Fletcher will replace the Saints' Jonathan Vilma in the Pro Bowl.

Swengali

It's Time to Retire Favre's Drama Act

Brett Favre needs to go away.

For a little while, that is.

Speculation has already begun about the Vikings quarterback's future after his fourth-quarter interception opened the door for the New Orleans Saints' overtime victory in Sunday's NFC championship.

By Matt Swenson

Will Favre play another year? Will he retire? Will he un-retire again? Such is the annual NFL off-season soap opera.

And that is why Favre should truly evaluate whether he wants to play another season. If so, more power to him. If not, please save us the drama.

No one expects Favre to make up his mind right away — he's done so too quickly before. So, consider this — to borrow a phrase from "Austin Powers" — a pre-emptive "shh" until the future Hall of Famer is ready to decide.

This was arguably his best season until, in true Favre fashion, he threw away a shot at the Super Bowl.

Clearly, the 40-year-old is still a capable signal-caller. This was arguably his best season until, in true Favre fashion, he threw away a shot at the Super Bowl. With a clear path to run for enough yards to put Minnesota in field goal position, Favre ill-advisedly threw across his body and was intercepted.

That's the best and worst of Favre. He tries so hard to make great plays that he sometime makes inexcusable mistakes.

Favre's enthusiasm and effort are a joy to watch. Hopefully, he won't ruin that with another offseason of public indecisiveness.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Balanced Caps on a Roll

7P.M. | CSN+
Tuesday

The Capitals

Tomas Fleischmann was skating down the ice toward the Phoenix Coyotes' end boards Saturday night when he noticed Alexander Semin out of the corner of his eye. After retrieving the puck a split-second later, Fleischmann fired a no-look, between-the-legs pass to a waiting Semin, who then scored what turned out to be the game-winning goal of a 4-2 victory, the Capitals' sixth-straight win.

"I just kind of thought he would be there, and he was," said Fleischmann. While the play will be remembered for its flair, it also shined a light on the growing comfort Fleischmann is enjoying after what may turn out to be the most significant move coach Bruce Boudreau has made this season.

A left wing for much of his career, Fleischmann was moved to center 10 games ago, and while his stats (three goals, seven assists) aren't spectacular, the change has worked wonders for the team.

NICK WASS/AP

The Caps' Alexander Semin, center, and Tomas Fleischmann, right, celebrate a goal.

Heading into Tuesday's game against the Islanders, the Capitals have won nine of their past 10 games and are averaging five goals per contest during that stretch. While the top line featuring Alex Ovechkin and Nicklas Backstrom has continued to score at a prolific rate, Fleischmann's position change has brought the Capitals balance.

Wings Brooks Laich and Alexander Semin have joined with Fleischmann to create a dangerous complement to the first line, which has benefited of late by the promotion of rugged winger Mike Knuble (seven goals in his last 10 games).

Boudreau has normally been very fickle with his lineup, changing lines from game to game or period to period in search of the right chemistry. But with the Capitals on a roll, he's stayed the course lines for almost three weeks, something his players appreciate.

"When you're stuck together ... you can find a rhythm," Laich said. "I think that's why you're seeing our team score five and six goals a game right now." MARK GIANNOTTO

24M **The amount of money** the five non-Bowl Championship Series athletic conferences will receive from this year's bowl games, a new record. The payout is a result of Boise State and Texas Christian's reaching BCS bowl games this past season. (AP)

In Brief

FIGURE SKATING

Kerrigan's Brother Faces Charges After Dad Dies

The brother of figure skater Nancy Kerrigan pleaded not guilty Monday to assaulting their 70-year-old father, who died over the weekend after a disturbance at the family's Massachusetts home. Mark Kerrigan, 45, described by his lawyer as an unemployed plumber, was ordered held on $10,000 cash bail. (AP)

TENNIS

Federer Slams Hewitt

Roger Federer improved his six-year winning streak to 15 matches against Lleyton Hewitt with an overpowering 6-2, 6-3, 6-4 victory in the fourth round at the Australian Open on Monday. The top-ranked Federer hasn't lost to Hewitt since late 2003. (AP)

ANDY LYONS/GETTY IMAGES

First-year coach John Calipari has Kentucky ranked No. 1 in the new AP poll.

MEN'S COLLEGE HOOPS

Kentucky Is New No. 1

The undefeated Kentucky Wildcats were a unanimous No. 1 in The Associated Press' college basketball poll on Monday, their first time on top since 2003. Kentucky is the third school coach John Calipari has taken to No. 1. (AP)

TV Lineup

WIZARDS (7 P.M., CSN) Kobe Bryant and the Los Angeles Lakers make their only visit to D.C. to face the Wizards.

CAPITALS (7 P.M., CSN+) The Caps carry a six-game winning streak into a road game against the New York Islanders.

TERPS MEN'S HOOPS (7 P.M., ESPNU) Maryland hopes to continue its strong ACC play against Miami.

MEN'S COLLEGE HOOPS (7 P.M., ESPN AND ESPN2; 9 P.M., ESPN) Michigan aims for an upset of Michigan State, and Boston College hosts Clemson; then new No. 1 Kentucky visits South Carolina.

NHL (7 P.M., VERSUS) The Detroit Red Wings face off against the Phoenix Coyotes.

TENNIS (9 P.M., ESPN2) The men's and women's quarterfinals at the Australian Open are on.

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Sports

Crittenton OKs Plea Agreement

The Wizards

Wizards reserve guard Javaris Crittenton pleaded guilty in D.C. Superior Court on Monday to a misdemeanor gun possession charge stemming from his locker room confrontation with Gilbert Arenas at Verizon Center last month.

As part of a plea agreement, prosecutors agreed to drop a second misdemeanor charge and recommend a sentence of probation. Senior Judge Bruce Beaudin on Monday agreed with the prosecutor's suggestion and sentenced Crittenton to one year of unsupervised probation and $1,250 in fines.

Crittenton, 22, was charged Monday afternoon with unlawful possession of a firearm and attempting to carry a pistol without a license, both misdemeanors. Each charge carried a maximum pentaly of a year in jail.

KEITH L. ALEXANDER AND MIKE WISE (THE WASHINGTON POST)

The First Fan

CHARLES DHARAPAK/AP

KOBE BRYANT PRESENTS A LAKERS JERSEY to President Obama, who welcomed the NBA champions to the White House on Monday. The Lakers are in town to face the Washington Wizards at Verizon Center on Tuesday night.

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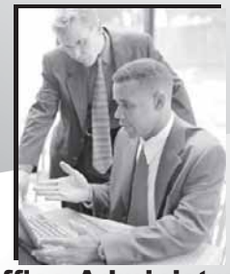

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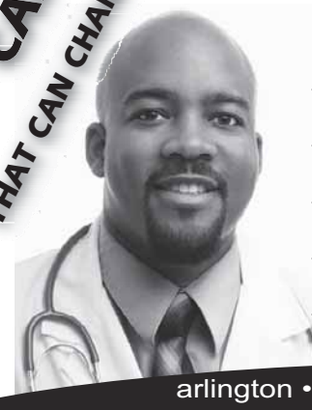

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*includes 1040 & W-2(1)

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Event: New Office Grand Opening Presentation
Date: Sat, January 30, 2010 **Time:** 2:30
Walk ins (3-6pm meet/greet-unlimited)
Location: Southern Maryland Business Center
3195 Old Washington Rd, Waldorf, MD 20602
1st floor conference center
RSVP: presentation seats limited @240/419-2602
Free giveaway & snack provided
Promotions: 1040ez $15, 1040a $39; 1040 $51 includes state forms also. 30% if you miss presentation, slighly higher than presentation fees.

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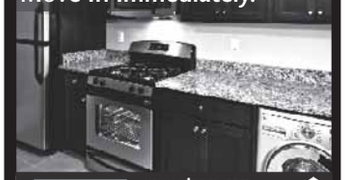

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Impossibly attractive model Brooklyn Decker is your guide through the Elle Make Better collection ($19.95 each or $44.95 for all three, Ellemakebetter.com), a series of DVDs — "Cardio Body," "Beauty Sculpt" and "Work Out Yoga" — each with two 20- to 25-minute routines. The yoga teacher talks too fast and the cardio instructor is scarily intense, but the exercises are effective. Bonuses include fluffy magazine-ish segments on super-foods and makeup tips.

Body Talk

ISTOCK

Fly Away Home

If you really want to feel love in the air, you'll have to wait until after Valentine's Day. That's because Feb. 15 marks the relaunch of Trapeze School New York's Washington location (Washingtondc.trapezeschool.com). It'll still be a bit too nippy for outdoor, high-flying, spandex-clad exercise, but the beauty of the move from the Convention Center parking lot to a new home near the Navy Yard is the tent.

By Vicky Hallett

Putting up a roof means year-round classes, so serious students don't need to put their progress on hold every winter. They're going to be able to put on performances — for real audiences instead of just the people waiting for the next Bolt Bus. And the best part: bathrooms! The school will also have a second rig set up outside during the warmer months, so there will be double the opportunities to soar, flip and catch. Plus, it's adding trampoline lessons to the schedule. "They're primarily geared to improving aerial awareness," says instructor Scout Day.

Jumping at the chance to give this stuff a try? So are other folks, so be sure to sign up online soon. Classes are listed through the end of March, and dates are already selling out.

@ To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

LAWRENCE LUK

Jen Corey, left, trained with Heather Cohen, right, regularly at Vida Fitness to get ready for the 2010 Miss America pageant.

Meet Miss Muscle

Jen Corey's quest for the crown required two daily workouts and a diet makeover

Exercise Ideas

How's this as an exercise motivator? "I'm going to be in a swimsuit competition in HD," says Jen Corey, aka Miss District of Columbia 2009. The 22-year-old unlikely pageant queen — who first went for a crown just three years ago at the urging of her voice teacher — is off in Vegas counting down the days to the live Miss America pageant showdown. And her body is ready for that bikini, thanks to months of sweating with trainer Heather Cohen (Hautefitness.com).

Corey was already naturally slender, but she knew her body needed a major overhaul. "Girls who've done the best have had muscle definition. It's not the skinny girls," she says. Until a year ago, Corey had never been inside a gym, gone for a run or done a single push-up. The first time she tried one of Cohen's cycling classes, she nearly walked out.

It's not that she's a slug. A medical condition required reconstructive surgery on both of Corey's knees, which kept her in wheelchairs and on crutches for weeks in high school and college, and she spent years contending with physical therapy. But by the time she paired up with Cohen, she was ready to get to work.

They started with a lift-heavy, low-reps plan. It didn't work. "Her body wasn't responding," Cohen says. So, instead, Cohen had her work the same muscle group twice a week, one day light and another day heavy, plus cardio, which equaled two-a-day workouts. "I've seen an improvement in anything I do," says Corey, who can now pound out 20 push-ups and emerges from 45 minutes on a bike as chipper as ever.

To keep Corey's energy up for such a grueling schedule, Cohen also took over diet duties, texting her what to eat and when. To prevent cheating in the weeks leading up to the pageant, she then invited Corey to move in with her, where she knew the fridge was stocked only with approved foods (such as broccoli, sliced turkey, fish, Greek yogurt and brown rice).

As the duo went through one of their final workouts before Vegas, Corey was a muscle master. "We're playing a game called 80 dips," Cohen said, and Corey slid her (newly developed!) butt off a weight bench and knocked out the lengthy triceps exercise. She hoisted a 20-pound bar and shoved it out and down in a rowing motion. She grabbed a weighted cable for a series of punches in Cohen's palm.

Corey marvels at how her thighs have grown, her waist has shrunk and her arms bulge. In the process, she lost just 1 pound while knocking off 3.5 percent of her body fat. The numbers aren't a surprise to Cohen — "She put the time and effort in" — but she's sure proud of what Corey has accomplished.

As for Corey, no matter what happens this Saturday, she knows exercise will still be in her future — even if twice-a-day workouts are not. "This isn't the size for me," she admits. But there's one weight she'll always be psyched to lift: the Miss America crown.

VICKY HALLETT (EXPRESS)

The Main Event

There She Is ...

Watch Corey compete live for the **Miss America** title this Saturday at 8 p.m. on TLC. If she makes it beyond the first cut of the evening (from 50 to 15), next up is the "Lifestyle and Fitness" competition — in other words, time to show off her hard work in a bikini.

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Move Out of 'Cougar' Town

Q I'm a 38-year-old woman dating a 29-year-old man. The age difference is only a problem because it's everyone else's problem. I do not think of myself as a "cougar," and I am tired of hearing it referred to that way. We're a great match — it's not like he's doing me some favor or has some fetish. This is more of a gripe than asking for advice, though I suppose I could really use a way to tell people off. ANNOYED

So, would you prefer "sugar mama" instead?

Totally kidding! I find the whole concept ridiculous and insulting as well. But, unfortunately, this is just one relationship combination that is subject to condescension and bias. Differences in weight, attractiveness, education, religion, socioeconomic status — not to mention race and ethnicity — also seem to bring out the worst judgment in some people.

You fight the problem by being non-defensive and proud, adding to the world just one more happy couple who can shake up our cultural stereotypes that are desperate for a firebombing.

And for a response: a bemused smile, followed by a "I just can't figure out what it is in your background that makes you see it that way!" with a quick change of subject — or the gist of what you told me — would be a good start.

Not-So-Happy Birthday to You

Q My husband comes from a large, tight-knit family. His siblings are great and we're close, but his mother is cold and formal to me, when she is known as being a generally warm person. My husband says I'm imagining things, but does the fact that she has never asked when my birthday is, despite my being with her son for six years, not mean anything? (She makes big deals of each of her kids' birthdays, and even for her other son's wife.) I want to be considered part of the family, but I sometimes feel like I'm just a girl he's dating. HELP

There are several directions you could take here, from a schmoozing onslaught via one-on-one lunches to writing her a warm letter about how much you love her son and how happy you are to be part of his family. But I can't help but feel that said son should also have a role. His family is full of shiny, happy people whose leader seems objectively to exercise differential treatment. Why is he minimizing it? What's stopping him from initiating a gathering for your birthday like his sister-in-law gets or talking to his mother privately? That said, you might test your objectivity by asking the siblings who you're close with.

By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Party Pose

Mint Fitness' once-a-month yoga party will get the health club rocking this Friday from 7:30 p.m. to 9 p.m. The stretchy and sweaty fun is appropriate for levels one and two yogis. The cover charge is $10 for members, $20 for non-members. Sign up by phone (202-328-6468) or at the front desk (1724 California St. NW). Find out more information at Mintconditionyourself.com.

At the End of My Rope

Think climbing a rope is hard? Give whipping one a try

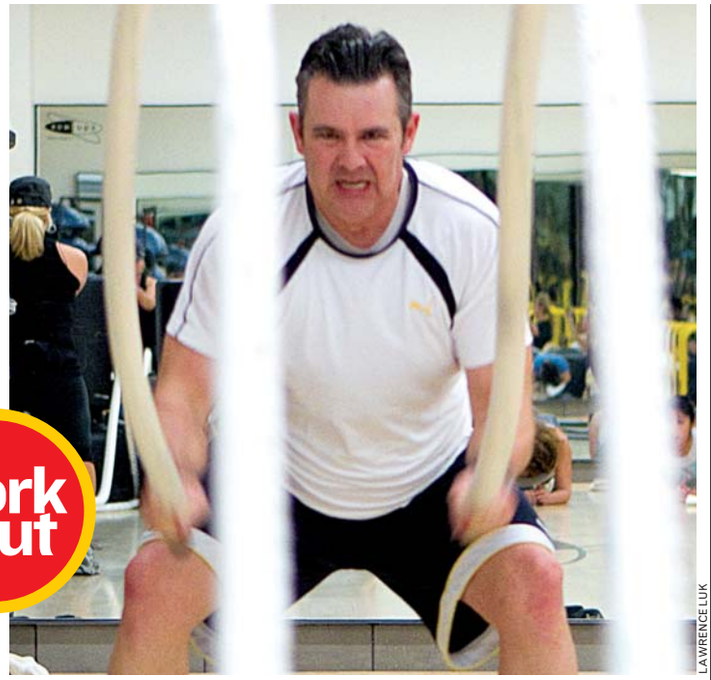
Class Notes

Getting "Whipped!" into shape has never been as literal as in this class. The name refers not just to how you'll feel after an hour, but also to what you did to get so sore.

What It Is

Sending ripples down a thick rope seems like a simple motion — until you do it as fast as you can repeatedly. To keep it up, you need to squat, tighten your core and muster whatever power you can find in your arms and back. "Even people in incredible cardiovascular shape, their heart rate will skyrocket in 30 seconds," says instructor Tara Taylor. So, although the ropes are the main attraction, students in her interval training class rotate through other exercise stations to prevent them from collapsing.

work it out



LAWRENCE LUK

Advanced students in "Whipped!" can try two ropes at once for an extra challenge.

Moves

One hand or two, one rope or two, straight ahead or in a figure eight — there are plenty of exhausting options. And in case you don't get enough of a chance to grip and groan with them as you go through the circuit, right before the cooldown, Taylor lines everyone up to take turns for a rope sampler.

Workout

Stations in the studio are split into two exercises each, like squat jumps and reverse crunches. Do one for 30 seconds, then the other, then repeat. "You can use heavier weights if you're only going for 30 seconds," Taylor promises.

So, how was Rob Kaighn, 41, feeling after a recent class? "Good, now that my heart's not jumping out of my chest," responds Kaighn, whose heart rate monitor reported he burned nearly 1,000 calories by the time he exited the exercise studio and grabbed a eucalyptus-scented towel. "There was no rest. I was active the whole time."

Crowd

The vibe reminds Jeanette O'Connor, 28, of a gym class — "that I'm paying to do," she adds. It must be appealing to men and women of various ages and ability levels, who form a giant support group. "Most people don't know each other, but by the end you're cheering for everyone," O'Connor says. VICKY HALLETT (EXPRESS)

Mondays at 6 p.m. at Equinox (8065 Leesburg Pike, Vienna, Va.). For more info, Equinox.com or 703-790-6193.

THE KNOW YOUR OWN STRENGTH CHALLENGE

SPECIAL ADVERTISING FEATURE

CARDIO:
GETTING THE BLOOD (AND BREATH) FLOWING!

Six Express readers are transforming their bodies and their lives in the Gold's Gym Know Your Own Strength Challenge. Contestants earn points through weight loss and fitness contests, and, at the end of the 12-week challenge, the one with the most points wins a year-long membership to Gold's Gym and a cash award of $5,000! Check their progress every week in the Fit section of Express.

Last week, trainers working with the female contestants shared nutrition tips. This week we get cardio advice from Gold's trainers working with our male competitors.

ABU & TIM

To ensure success for their clients, Gold's Gym trainers stand by Gold's Gym's research-based philosophy of the...

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The Cardiovascular Health component is literally the heart (and lungs) of weight loss and fitness. Cardio forces those organs to work harder, causing the body to burn calories.

VARIETY GETS RESULTS

Abu is working with Tim at the Gold's Gym Capitol Hill. Abu has recommended Tim warm up with 500 meters on the rowing machine, followed by 45-minute intervals on the treadmill and stationary bike 6 days a week. He's also suggested Tim take Body Flow or Yoga classes to enhance his overall flexibility and posture.
TRAINER'S CARDIO TIP: **GOLD'S PROVIDES A LOT OF WAYS FOR GYM NEWCOMERS TO GET A CARDIO WORKOUT.**

JASON & PHIL

THIS KID'S GOT CLASS

Phil is working out with Jason at Gold's Gym Ballston. Phil suggested Jason take GGX (Gold's Gym Group Exercise) classes because they provide a sense of community and the support of classmates with similar goals. Phil says Jason enjoys the group cycling classes, which is great because they allow Jason to push himself hard with a low risk of injury.
TRAINER'S CARDIO TIP: **GGX CLASSES ARE AN EXCELLENT SOURCE FOR CARDIO IN A SUPPORTIVE ENVIRONMENT.**

BUILD UP TO A BURN

Antonio is working with Bruce at Gold's Gym Merrifield. Antonio says the elliptical is an ideal machine for Bruce's cardio workout because it keeps arms and legs in motion while adding resistance to the muscles for a good calorie burn. Antonio says Bruce should work out on a variety of cardio equipment to avoid boredom and to keep the weight off. He also suggested that Bruce take advantage of the Cardio Cinema offered at many Gold's Gym locations.
TRAINER'S CARDIO TIP: **VARY YOUR CARDIO WORKOUTS TO KEEP IT EXCITING.**

BRUCE & ANTONIO

Cardio Time Flies in Gold's Gym Movie Theaters!
The Gold's Gym **Cardio Cinema** is a darkened room with cardio equipment showing movies on a 32 foot screen with surround sound. It's a great way to stay motivated!

Next Week:
See what our Trainers have to say about Resistance Training!
Membership information at: www.goldsgym.com.

Follow our trainers' blog at www.expressnightout.com/goldsblog for more information on health and fitness so you, too, can begin to KNOW YOUR OWN STRENGTH!

Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

CHALLENGERS	LAST WEEK'S WEIGHT	THIS WEEK'S WEIGHT	WEIGHT LOSS OR GAIN FOR THE WEEK	% OF WEIGHT LOSS OR GAIN	TOTAL POINTS
JESSICA	198.0	192.2	-5.8	-2.9%	9
BRUCE	303.2	302.0	-1.2	-0.4%	8
TIM	278.0	267.0	-11.0	-3.9%	7
JASON	283.2	278.8	-4.4	-1.5%	6
KATIE	241.6	236.4	-5.2	-2.1%	6
TABATHA	201.8	204.4	+2.6	+1.2%	4

fit nutrition

COURTESY MIXT GREENS

The Greens Zone

Make a lunch date with some seasonal mixed salads that are dressed to thrill

Dining

Just how eco-friendly is Mixt Greens, a salad shop import from the West Coast that opens its first D.C. location (1200 19th St. NW) today? Manager Scott Myerson biked all the way here from San Francisco. That's probably the only appropriate way to travel to a place built entirely out of sustainably harvested and reclaimed materials, where nothing offgases and takeaway containers are completely biodegradable.

But as good as Mixt Greens is for the planet, it aims to be even better for your health, says co-owner Leslie Silverglide. "It's not just fat and calories, but the nutrients you get in your food," she explains of the seasonal, local focus on the menu, developed by her brother, chef Andrew Swallow.

Combos such as the Siam (green papaya, jicama, mango, cucumber, red pepper, spicy peanuts, thai lemongrass vinaigrette) and the Madison (herb-marinated grilled chicken, asparagus, roasted white-truffle potatoes, shaved parmesan, toasted pine nuts, whole-grain mustard vinaigrette) have proved to be a winning recipe for the chain, which has three locations in San Francisco and opened another branch in L.A. earlier this month. In D.C., it'll gradually be taking over the spots vacated by Organic To Go, meaning the downtown lunch crowd will have plenty of places to sample its salads.

> **"We make the salads good, and you can make them as healthy as you want."**

Diners can opt for one of Swallow's blends, or they can design their own. The process is designed to appeal to the pickiest of customers, who can tell their chefs exactly what they want in their bowl to suit their tastes (and please the calorie calculator on Mixtgreens.com). For example, dressing can be heavy, medium, light or on the side for folks who want to be careful with that Point Reyes blue cheese. "We make the salads good, and you can make them as healthy as you want," says co-owner David Silverglide, Leslie Silverglide's husband.

Of course, customers don't have a say over what's in season, so certain ingredients cycle in and out, but expect salad staples year-round. "Cherry tomatoes, people can't live without them," David Silverglide adds. Maybe soon Washingtonians will feel the same way about Mixt Greens. **VICKY HALLETT (EXPRESS)**

Recipe File

LARRY CROWE/AP

BLUEBERRY-POMEGRANATE PROTEIN SMOOTHIE

Ingredients

8 OZ. extra-soft silken tofu
1 CUP frozen blueberries
1 CUP pomegranate juice
1 medium ripe banana, cut into 1-inch pieces
1 TO 2 TBSP honey, or to taste
1 TBSP toasted wheat germ (optional)

Two Servings

In a blender, combine the tofu, blueberries, pomegranate juice, banana, honey and wheat germ (if using). Blend until smooth and creamy. Serve immediately or cover and refrigerate for up to six hours. **(AP)**

**241 calories, 7 g protein, 49 g carbs, 3 g fat, 0 mg cholesterol, 16 mg sodium, 4 g fiber**

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Forget the French Fries

Want fries with that? Just remember: Most crispy potatoes served in the U.S. are cooked in corn-based oil, considered the unhealthiest variety, since it's high in saturated fat (the bad kind of fat) and low in monounsaturated fat (the good kind of fat). For a study published in the Proceedings of the National Academy of Sciences, researchers from the University of Hawaii-Manoa ordered fries from fast-food chains and from small businesses and determined how much corn oil was used. Seven out of 10 of the chains used corn oil, but just 20 percent of the small businesses did. But you're probably better off skipping the fries wherever you're eating.

Time for Mind Games

Size does matter — when it comes to playing video games. Findings to be published in the journal Cerebral Cortex show that research subjects were better at playing Space Fortress (which is similar to Space Invaders) if certain regions of their brains were larger. Researchers hope to use this information to help people increase their brain power by bulking up their brains. Exercise and learning new skills seem to do the trick.

Just Watch Yourself

It doesn't matter what's on TV. It just matters that your butt's on the couch while you're watching it. Australian researchers studied data on nearly 9,000 healthy men and women age 25 years or older, and found that those who spent more time sitting in front of the television were at higher risk of death from cardiovascular disease and cancer. Each extra hour of boob tube time increased the odds of death by 18 percent.

Participate in a study at Johns Hopkins Center for Immunization Research and help develop vaccines for diseases such as Dengue Fever and Malaria.

Without ever leaving Washington DC, you can help save lives. These diseases threaten the health of children and adults in many parts of the world. If you are 18 to 50 years old, you could help develop new vaccines. The Center for Immunization Research offers outpatient studies near the Foggy Bottom Metro stop. You will be paid for your time.

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lookout

The Dirty Details
More information on Tiger Woods' car accident surfaces 39

Sound Bets

DAVID WALDMAN

Expletive Deleted

There is an amazing Toronto band whose name I can't write. The group's two-word sobriquet includes a past-tense verb that starts with "F" followed by an innocuous "Up." It's a union that features six volatile people, but this collective manages to shake off its differences and go into creative bursts to produce some of the most experimental and rousing punk rock of the past 25 years.

By Christopher Porter

The Band That Cannot Be Named has a new collection out on Matador — a major independent label and current home to artists such as Cat Power, Sonic Youth and Ted Leo. But unlike those acts, the group behind "Couple Tracks: Singles 2002-2009" cannot have its moniker in newsprint. But in the broadband Internet age, it's debatable whether this Canadian ensemble's cuss-laden name will deter folks from listening to its music. After all, in 2009 the band managed to nab the Polaris Prize (and its attendant $20,000) for best Canadian album with "The Chemistry of Common Life." It's the rare case where artistry trumped prudery.

Online, we're not so restricted: Read the band's name and hear its music on Expressnightout.com.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

Bell's Roman Holiday

Hollywood's 'it' girl takes on Italy and a pack of funny dudes in her new comedy

Q&A

In her short time since arriving in Los Angeles via a New York University fine arts degree, Bell landed the lead in the 2004 TV series "Veronica Mars" and segued into the electrically charged Elle on "Heroes," the title character in "Forgetting Sarah Marshall" and the faceless narrator of "Gossip Girl."

Bell is now relishing her new role opposite Josh Duhamel and real-life boyfriend Dax Shepard in the rom-com "When in Rome," (opening Friday), which also stars Will Arnett, Danny DeVito and Jon Heder as possible boyfriends.

> **"I think laughing is part of being a healthy person, so I laugh several times every day."**

Your character, Beth, in the film, doesn't believe in magic or superstition. Do you?

I'm not very superstitious at all and never have been. I walk under ladders. Who cares?

For this film, you're surrounded by funny guys. How was it playing the straight woman to them?

Being surrounded by these guys is so flattering, and I laugh out loud at them often. I think laughing is an important part of being a healthy person, so I try and laugh several times every single day. Dax never, ever stops making me laugh.

GETTY IMAGES

Do you subscribe to the adage that you have to play the character when doing a comic scene?

Yes and no. You have to be the character, but, luckily for me, the character was written fairly klutzy. I embarrass myself on a daily basis. Beth did a lot, [too,] which I think makes her likable and also leaves room for a lot of funnies. There is a fair amount of me tripping over things in real life.

You recently voiced Cora in "Astro Boy." Did you have a favorite cartoon growing up?

I watched "Aladdin" probably 50 times. There was a point in my childhood where I'd watch "Aladdin" and "Raiders of the Lost Ark" every other day. I wanted to be Aladdin — not Jasmine. Aladdin lived on his own, he had a pet monkey, and he was a cool dude.

Which movie of 2009 made you laugh out loud, and which movie made you cry?

"The Hangover" definitely made me laugh, but I also loved "(500) Days of Summer." And "My Sister's Keeper" was a real snot fest from beginning to end. BONNIE SIEGLER

expressnightout

To watch a clip of Kristen Bell's "When in Rome," visit **expressnightout.com**

Showgirl

Good, Clean Fun: Kristen Bell has plenty of work in the wings, including a movie called "Burlesque." She'll star in the musical drama with Cher, left, and Christina Aguilera. Bell discussed the project in an interview with Entertainment News Wire, saying, "It's fun to do an estrogen-driven movie that is so against the stereotype. It's a look at these extremely talented dancers who have mastered the art of burlesque and love what they do. There's no nudity. It's the fun, sassy version of burlesque." (EXPRESS)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com lookout

top stops

1 Sweet Destiny

We're not going to sugarcoat this: free wine, free chocolate, this evening. The former will be red, white and sparkling, thought not all at once. Different wines. The chocolate is from ACKC's homemade bars. Did you need to know anything else? Oh, right, where it is. See below. F.Z. ***ACKC DC, 1529C 14th St. NW; 6:30 p.m.-8:30 p.m., free; 202-387-2626, Thecocoagallery.com. (Dupont Circle)***

2 Everyone's A Winner

The H Street Karaoke semifinals are over, and unless you're one of the lucky few selected for the final competition tonight, you'll have to settle for watching bitterly from the audience while your rivals sing their hearts out. But don't worry — Jennifer Hudson won an Oscar without winning "American Idol." You'll be fine, kid. F.Z. ***Rock and Roll Hotel, 1353 H St. NE; 9 p.m., free; 202-388-7625, Rockandrollhoteldc.com.***

3 Crust-ARR-ceans

Go ahead, explain why we shouldn't eat shrimp. Environmentally unsound, prone to giving us food poisoning, animals are people, too. We don't care. The Argonaut is holding a shrimp feast tonight, which includes all-you-can-drink beer. If you're dressed as a pirate, your ticket is $10 off, and the winner of the costume contest gets a $30 gift certificate. F.Z. ***The Argonaut, 1433 H St. NE; 7 p.m.-10 p.m., $30-$40; 202-397-1416, Argonautdc.com.***

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COMMUNITY INTEGRATED MASTER PLAN

A Community Integrated Master Plan (CIMP) is being developed to evaluate community-military development partnership opportunities in the vicinity of Marine Barracks Washington, DC. Recognizing that Marine Barracks Washington and the community are linked in past and present, the CIMP aims to use a coordinated planning process to address development needs of the local community and Marine Corps.

An open house format ***Public Information Meeting*** will be held at **Eastern Market - North Hall** at Marine Barracks Washington on **Wednesday, January 27, 2010**. You are invited to attend anytime between **5:00 p.m. and 8:00 p.m.** Your participation will assist the planning team in identifying issues, concerns, and potential opportunities for military-community development partnering. During the public information meeting, technical representatives will be available to describe and answer questions regarding the CIMP goals, process, and ongoing opportunities for public involvement; potential development needs to be addressed in the CIMP; and the Marine Barracks Washington mission.

If you are unable to attend this public information meeting, you may visit our website at www.sedistrictcimp.com to obtain information disseminated at the meeting and post comments, or submit written comments to:

Capt. Lisa Lawrence
Public Affairs Officer
Marine Barracks Washington
8th and I Streets SE
Washington, DC 20390

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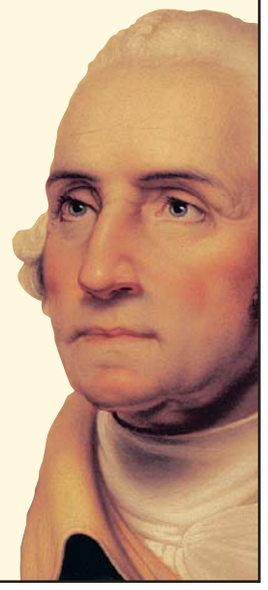

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She's Got the Deep, Dark Blues

The Sea
Corinne Bailey Rae

CD Review

Corinne Bailey Rae's breakout single, 2006's "Put Your Records On," is so breezy and innocent that it's surprising to learn of the turbulence in the soul singer's personal life. Her husband, saxophonist Jason Rae, was known for his hard-partying ways and died in 2008 at 31 of a methadone overdose.

The sadness from that loss permeates her sophomore album, "The Sea." It's true that Bailey Rae has never sounded particularly chipper, but her melancholy is even more evident here in her performance — even if not in her lyrics directly. The words of "I'd Do It All Again" read as though Rae is still alive, but Bailey Rae's already pouty voice bears an even deeper sorrow that climaxes in her soulful cry of the song's title.

That song is as close as Bailey Rae gets to singing about her late husband directly, although she does mention him overtly in the last words of her liner notes ("This album, like everything I do, is made to try and impress Jason Bruce Rae"). But most of the songs on "The Sea" reference an indeterminate "you." It's easy enough to read meaning into these songs — the cry of "I don't want to give you up" that opens the swaying "Closer" and her mournful whisper of "I've never felt more powerless" on "Love's on Its Way" could all reference her husband's passing.

But, ultimately, those are just lines taken out of context, and what's great about "The Sea" is that it conveys her sadness without being obvious about it: These songs all bear Bailey Rae's trademark soulful sound without turning "The Sea" into "The Death Album." CATHERINE LEWIS

TEIRNEY GEARON

expressnightout
To watch Bailey Rae's "I'd Do It All Again" video, visit **expressnightout.com**

Film File

Sunken Ship

Monday was the day "Avatar" flew past "Titanic" in its historic global journey. James Cameron's latest big-screen epic exited the weekend with $1.841 billion in worldwide box office sales, just a shade behind the record $1.843 billion rung up by the filmmaker's "Titanic." There's little doubt Monday's domestic and overseas box office totals combined to write the worldwide tally for "Avatar" into industry annals.

(THE HOLLYWOOD REPORTER)

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TV tonight lookout

ABC

In this publicity photo from ABC, the cast of "Lost" poses at a long table in a shot reminiscent of Da Vinci's "The Last Supper."

Steeped in Spirituality

Religious subtext is a noticeable part of the 'Lost' narrative

Themes

ABC 9:00 "Lost" returns next week for its final season, and ABC helps viewers prepare with a repeat airing of last season's two-hour finale tonight.

One might argue that the show's sci-fi story lines and soap-opera plots have given way to overt religious allegory. TV commercials feature a Willy Nelson version of "Amazing Grace." And recently, ABC's publicity department released a photo of the cast sitting at a table a la Leonardo da Vinci's "The Last Supper."

Locke returns as both a resurrected figure and as a leader/rebel of sorts who plans to kill and overthrow the God-like Jacob. To complicate matters further, Locke is both a risen "savior" and a man who died by hanging, like Judas.

A complete enigma, the Jacob figure not only sports an Old Testament name but is surrounded by hieroglyphs. And speaking of names, how about Jack's last name, Shepherd? Or the name of his father — Christian Shepherd?

Ben, the liar ("That's what I do"), has been given some of the show's more overtly religious lines. In one scene, he speaks of the apostle Doubting Thomas and, in another he complains that he cannot see Jacob, but that Locke can walk right up to him, "like Moses."

"Lost" is not alone here. Recent movies such as "Avatar" and "The Book of Eli" have been noted for their religious subtexts. "Battlestar Galactica" and now "Caprica" prominently feature a battle between polytheists and monotheists. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Best Bets

PBS 9:30

Frontline With public anger toward credit card companies sharply on the rise, "Frontline" correspondent Lowell Bergman, left, takes a look at the future of the consumer loan industry, talking to industry insiders, lobbyists, consumer advocates and politicians.

BRAVO 10:00

The Millionaire Matchmaker Patti helps an entrepreneur who embodies "the feminization of the American man," so her solution is to teach him how to "hunt and fish." Later, Patti clashes with former child actor Justin Shenkarow ("Picket Fences").

HIST 10:00

Life After People A new episode explores the fate of food post-people. Supermarkets turn into breeding grounds for insects. A plant thrives even as some of our agricultural staples wither and die.

A&E 10:30

Paranormal Cops A former student asks Pete, right, and his colleagues to investigate an abandoned women's college. The team discovers that a girl's suicide in 1916 might have been a murder — and her aggressor may still be around. (TRIBUNE MEDIA)

Sports

Need for Speed

Gentlemen, start your engines. Viewers, start your remotes. HBO takes its popular sports reality television formula from the boxing ring to the racetrack in the new four-part series "24/7 Jimmie Johnson: Race to Daytona" (10 p.m., HBO). It follows the four-time Sprint Cup champion and his team as they prepare for the biggest NASCAR race of the year: the Daytona 500. (TRIBUNE MEDIA)

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Poll Center

Today's Question

SHOULD THE U.S. EASE ITS IMMIGRATION LAWS FOR HAITIAN QUAKE VICTIMS?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

DO YOU KNOW WHAT WILL HAPPEN TO YOUR ONLINE INFORMATION WHEN YOU DIE?

"When I kick the bit bucket, I'm moving on up into the cloud and becoming my avatar, happily still playing with all my data that's already there!"

COMMENTER FRED

"I've arranged to bequeath my cyber-possessions to charity."

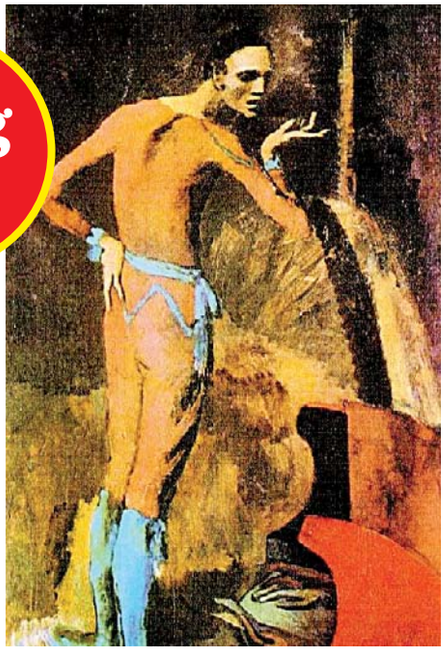
COMMENTER DIOGENES

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

Blog Log

"Is it humane to execute, even if the person being executed committed heinous acts?"

— **ALAN.COM,** BLOG OF TV PUNDIT ALAN COLMES, QUESTIONS THE ETHICS OF SENTENCING PEOPLE TO DEATH, AFTER ALI HASSAN AL-MAJID, KNOWN AS "CHEMICAL ALI," WAS EXECUTED MONDAY.



"105 years is a pretty good run for a painting, right? Why isn't something like this ... protected? Although it's priceless, the 'Mona Lisa' is well out of reach and behind glass while on display at the Louvre. Just a thought."

— **THEOBSERVATIONDESK.BLOGSPOT.COM** IS SURPRISED THAT PICASSO'S "THE ACTOR" WAS DAMAGED WHEN A WOMAN LOST HER BALANCE AND FELL INTO THE PAINTING AT THE METROPOLITAN MUSEUM OF ART IN NEW YORK.

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— **SOULBOUNCE.COM** WAS UPSET TO HEAR THAT THE LONGTIME MORNING RADIO DJ AND TELEVISION HOST MIGHT BE LEAVING WPGC-FM AT THE END OF THE WEEK.

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For information about this research study, please call 703-527-8100 or email bcstudy@mctrials.net

Participation is completely voluntary

puzzles lookout

Horoscope

AQUARIUS (Jan. 20-Feb. 18) You're likely to receive a surprise during the morning hours that sends you off in a new direction later in the day.

PISCES (Feb. 19-March 20) Others may notice that you're not quite yourself, but you have a good reason for doing things in a different way.

ARIES (March 21-April 19) Follow the rules, and things will make a lot more sense to you — at least in the long run. Others will favor your conservative approach.

TAURUS (April 20-May 20) You're not likely to have much time to rest; responsibilities begin to pile up and each task requires increased devotion.

GEMINI (May 21-June 20) Don't misinterpret another's good advice for an unwanted intrusion. You can benefit from alternative ideas.

CANCER (June 21-July 22) You and a friend are likely to interpret things in different ways, but later on you'll come together and share what you have in common.

LEO (July 23-Aug. 22) Something you learn secondhand is likely to be more important than the information you usually rely on to get things done.

VIRGO (Aug. 23-Sept. 22) Someone close may want more from you than you are able to give — at least for the time being. Patience is a virtue.

LIBRA (Sept. 23-Oct. 22) The antics of a friend may be more than you can bear — at least during the first part of the day. Keep your reactions in proportion, however.

SCORPIO (Oct. 23-Nov. 21) The ideas that whirl around you may conflict in ways that are unexpected and difficult to reconcile. Focus on your feelings.

SAGITTARIUS (Nov. 22-Dec. 21) The moment you reach out for the very thing you want, it is likely to drift further from you than ever before. You'll have to wait awhile.

CAPRICORN (Dec. 22-Jan. 19) It will be important for you to cover new ground, but first you'll want to review what has been done to be sure it has been done right.

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Scrabble Grams

PAR SCORE 150-160, BEST SCORE 228

								RACK 1
A1	E1	I1	M3	R1	F4	R1		
								RACK 2
A1	O1	W4	T1	T1	R1	H4	3rd Letter Double	
								RACK 3
A1	O1	N1	S1	R1	F4	F4	Triple Word Score	
								RACK 4
A1	E1	O1	N1	G2	H4	L1		

Yesterday's Solution

A1	S1	H4	T1	R1	A1	Y4	RACK 1 = 89
F4	L1	A1	U1	N1	T1		RACK 2 = 9
R1	E1	F4	U1	S1	A1	L1	RACK 3 = 64
N1	A1	I1	V4	E1	T1	E1	RACK 4 = 60

PAR SCORE 145-155 TOTAL 222

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

			1		3		8	
7		8				4		
								9
8			6				4	2
3				9				1
6	4				5			3
5								
		7				5		4
	8		7		1			

Yesterday's Solution

8	4	7	3	2	5	9	1	6
9	2	1	4	6	8	7	3	5
3	5	6	7	9	1	8	2	4
4	3	8	9	5	2	6	7	1
2	6	5	1	8	7	4	9	3
7	1	9	6	3	4	5	8	2
6	8	4	2	1	9	3	5	7
1	9	3	5	7	6	2	4	8
5	7	2	8	4	3	1	6	9

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

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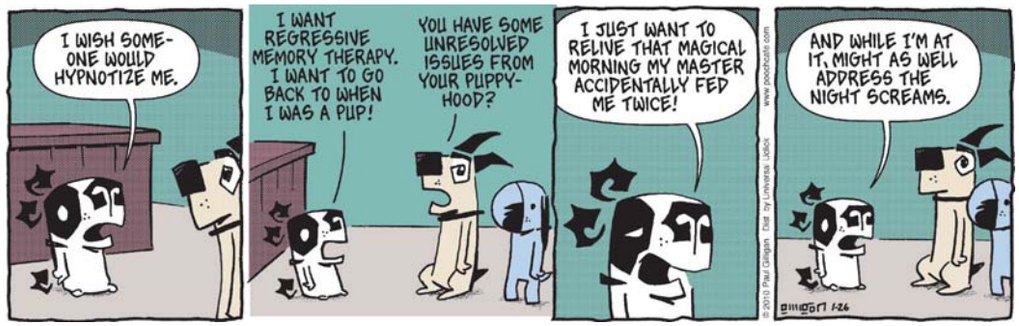
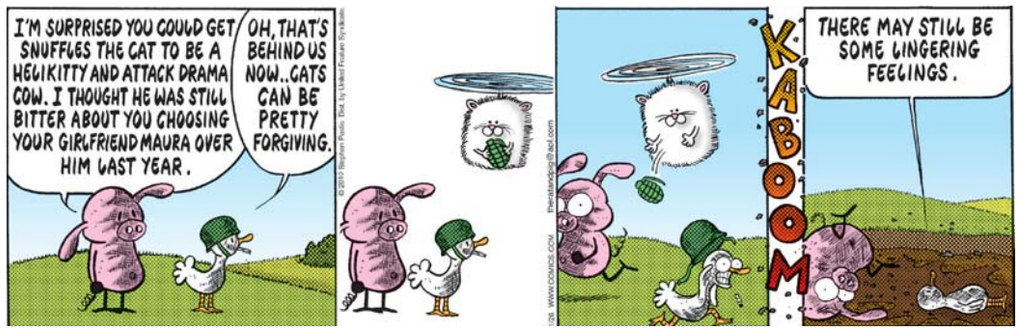
POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

46 | 29

Today: Partly sunny, breezy and much colder today. Mainly clear tonight.

43 | 32

Tomorrow: Sunny to partly cloudy tomorrow. Some clouds tomorrow night.

Looking Ahead

THU	FRI	SAT
47 | 29	34 | 19	34 | 23

Sun and Moon
Sunrise today: 7:19 a.m.
Sunset today: 5:22 p.m.
Moonrise today: 1:21 p.m.
Moonset today: 3:59 a.m.

Almanac
Normal high: 43
Record high: 75
Normal low: 27
Record low: 3

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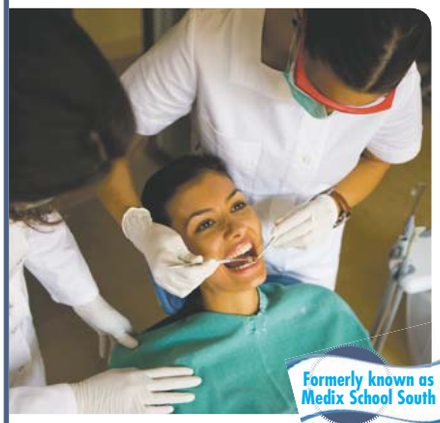

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Crossword

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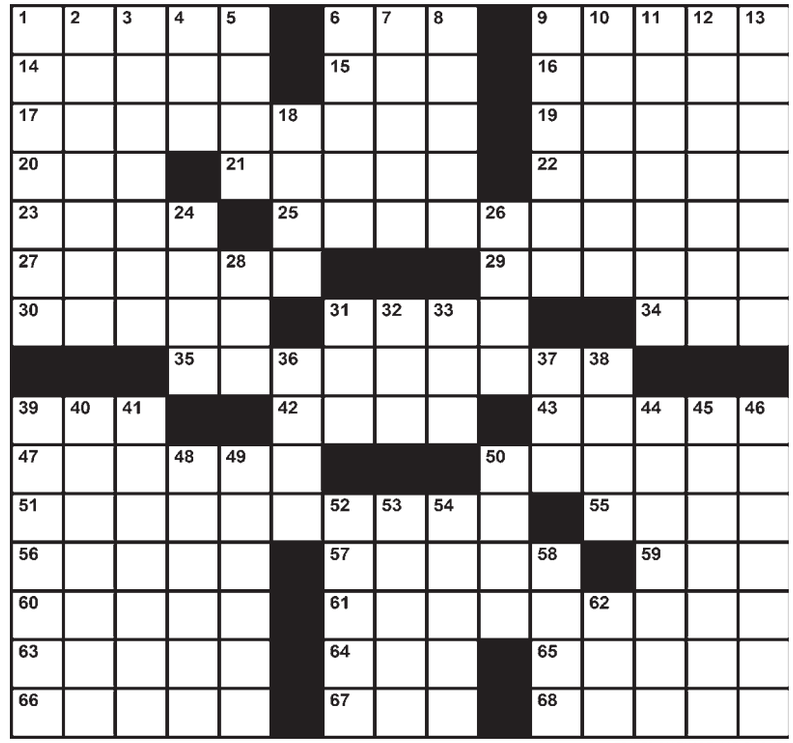


EDITED BY TIMOTHY E. PARKER

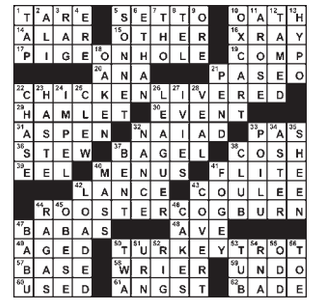
ACROSS

1 Shiver-inducing
6 "Boo" follower, in a triumphant shout
9 Lewis with Lamb Chop
14 Make amends
15 It's extracted
16 Assembly of witches
17 Well-dressed dummy?
19 Ropemaking fiber
20 Bad thing to have on one's face
21 It's made to measure
22 Status quo language?
23 Abound
25 Nonreader
27 Artificial
29 Relating to stars
30 Brief tussle
31 Attempt to persuade
34 "You ___ dog, you!"
35 Insincere type
39 Hot diamonds
42 Wander
43 Alleviating agent
47 ___ Panza of "Don Quixote"
50 Berth place
51 Certain center of power
55 In-crowd outcast
56 River of Rome
57 Battle venue
59 Aussie animal, briefly
60 Clay pots
61 Riddle
63 Annoyance
64 Every inning has three
65 Lessen, as a storm
66 Flubbed flies
67 Secret of many a redhead
68 MS accompaniers

DOWN

1 Reproductive cells
2 Bric-a-brac holder
3 Extended to the max
4 Stop in Vermont
5 Antelope's companion, in song
6 "___ pay for this!"
7 Toon mermaid
8 Painter Matisse
9 Piano practice exercises
10 Capital of Tasmania
11 Online game characters
12 Musician's concert
13 Without sense
18 Surprise in class
24 Where to go off on a tangent?
26 Provider of a pick-me-up?
28 Poodle classification
31 Act lovey-dovey
32 Tangy starch
33 Engage, as a security system
36 Head of the class, briefly
37 A&P's original business
38 Deserve
39 Carbon-13, e.g.
40 Nitpicky person
41 One who eschews tough love
44 Rugged mountain ranges
45 Along the way
46 Antenna housings
48 Chop chops
49 Cut up (with "around")
50 Item often left at apartment doors
52 Didn't avoid
53 Humor with a twist
54 Perfume, as at Mass
58 Literary miscellanies
62 Under the name of, as a co.

Yesterday's Solution



Today in History

1802 Congress passes an act calling for a library to be established within the U.S. Capitol, paving the way for the Library of Congress.

1841 Britain formally occupies Hong Kong, which the Chinese had ceded to the British.

1998 President Bill Clinton says that he "did not have sexual relations with that woman, Ms. Lewinsky."

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people lookout

REVELATIONS

Star Has Baby Weight, Normal Women Rejoice

The photo of a slender Kourtney Kardashian on the cover of OK! is a fake, the subject said. "They doctored and Photoshopped my body to make it look like I have already lost all the weight," she told Women's Wear Daily. She said on Twitter that OK! did not have an exclusive with her, and that she gained 40, not 26, pounds "while pregs." **(EXPRESS)**

PHOTOGRAPHY

Mug Shot Is One for the Ages

Gary Coleman has been booked into a Utah jail after police received reports of a civil disturbance at his Santaquin home. Utah County Jail records show that the actor was booked Sunday on suspicion of domestic assault, the Salt Lake Tribune reported. But the paper said the Santaquin police wrote in a press statement that Coleman was arrested on a warrant alleging he failed to appear in court in a previous case. **(AP)**

INCONSIDERATE

Death Hoaxes Cheapen Real Celebrity Deaths

A publicist says Johnny Depp is still very much alive after being the subject of an online hoax. Robin Baum, who represents the actor, said Monday that Internet reports of Depp's death over the weekend in France were a horrible rumor. Baum calls the hoax the work of an irresponsible and unconscionable person, especially since children and families are involved. Depp has two children with his partner, Vanessa Paradis. **(AP)**

MARCIO JOSE SANCHEZ/AP

TMI

The Final Hours

Elin Nordegren cemented her knowledge of husband Tiger Wood's affair with Rachel Uchitel by pretending to be Woods in text messages to the alleged mistress, according to a new report in the Daily Beast. The online magazine said two sources close to Nordegren spoke on the condition of anonymity, revealing that Woods was in an Ambien-induced stupor when Nordegren confronted him about his infidelity, then ran him out of the house with a golf club prior to his car accident. **(EXPRESS)**

"We're gonna conquer the reality world and move on to comedy, acting, deejaying. We're just gonna kill it all."

— **MIKE "THE SITUATION" SORRENTINO,** ON HIS PLANS WITH PAULY DELVECCHIO, AKA "PAULY D."

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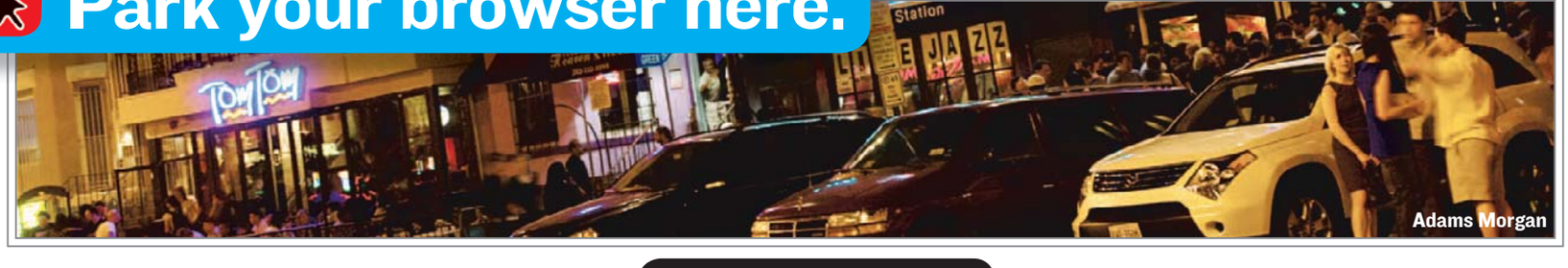

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